

# PREGNANCY PACK

This pack has been created to help provide you with some information you may find useful in pregnancy, and some links to useful sites. Please contact a member of the perinatal team if you are unsure about the content or would like some more information.

*Created by  
Francesca Docherty  
and Emma Gibney-  
Perinatal mental  
health nursery  
nurses (Hull, East  
Riding, North and  
North East  
Lincolnshire)*

# Bonding whilst pregnant

Visit <https://www.nhs.uk/start4life/pregnancy/week-by-week/1st-trimester/week-4/#anchor-tabs> to see more information about your changing body and how your baby is developing in the womb.



Your baby can start to hear sounds outside the womb from around 20/21 weeks gestation, but it is never too early to start talking and singing to your baby. They will love listening to your voice and will recognise it when they are born. You can also play music and read stories.



Start to think about who your baby will be...what colour will their eyes be? Which parent or family member will they resemble? Or think further ahead...if baby kicks a lot in the womb will they be a footballer...a ballerina...the possibilities are endless.

Think of places you may like to take baby, people they will meet, activities you will do together.

## **Massage your baby bump**

Spend time relaxing and looking after yourself.

## **Include dad, older siblings and other important family members in bonding experiences**

Make a diary of how you are feeling, keep a record of important dates such as antenatal appointments...when baby first kicks...any weird cravings you have...



## CREATE A 'MY PREGNANCY JAR'!

Your baby is growing inside of you, what would you like to know about them?

Grab a post it note, ask away, pop it in the jar, once baby is here, take a note, answer your question, were you correct?



Will you be a boy or girl?

Will you come early?

Will you have my blue eyes?

Will you have grandad's ears?

What will you weigh?

How will I know what to do?

What shall we call you?

## IDEAS FOR HOSPITAL BAGS

If you're planning to give birth in a hospital or midwifery unit, your midwife will probably give suggestions of what you'll need to pack. This will include things for you and your new baby. You can use any kind of bag you want, from a rucksack to a small suitcase.

For yourself, you'll probably want to pack:

- your birth plan and hospital notes
- something loose and comfortable to wear during labour that does not restrict you from moving around or make you too hot, plus about 3 changes of clothes
- 2 or 3 comfortable and supportive bras, including nursing bras if you're planning to breastfeed – remember, your breasts will be much larger than usual
- breast pads
- a couple of packets of super-absorbent sanitary or maternity pads
- 5 or 6 pairs of knickers – you may want to bring some disposable ones
- your washbag with a toothbrush, hairbrush, flannel, soap, lip balm, deodorant, hair ties and other toiletries
- towels
- things to help you pass the time and relax – for example, books, magazines, music or podcasts
- a fan or water spray to cool you down
- dressing gown and slippers
- a loose, comfortable outfit to wear home
- a camera
- healthy snacks and drinks
- extra pillows
- a TENS machine if you intend to use one
- any medicines you're taking



For the baby, you might want to pack:

- bodysuits, vests and sleep suits
- an outfit for going home in
- a hat, scratch mittens and socks or booties
- plenty of nappies
- a shawl or blanket
- muslin squares
- a pram suit if it's cold
- a car seat for the trip home
- formula and bottles if formula feeding

For further information, please visit <https://www.nhs.uk/conditions/pregnancy-and-baby/pack-your-bag-for-birth/>

This is an NHS page and has helpful tips and information for throughout your pregnancy.

### Comfort Box

**As there are many restrictions now in place due to COVID-19, we would like to suggest making a small 'comfort box' for you to take into the ward, you can place anything in this box that will help you get through the visitor restrictions that are in place at your local unit. Ideas could include;**

- Photographs of loved ones/children, so you can talk to your new baby and tell them all about the family members they will meet one day soon.
- A journal/diary and a pen to help you document your thoughts and feelings.
- Contact numbers of your local Perinatal Team/loved ones, anyone that can support you through this time.
- Self- help guides/podcasts/CBT materials.
- Upbeat playlist, download/create your own playlist to lift your mood.
- Anything else you feel will be beneficial to your mental health, maybe take your 'pregnancy jar' with you, so you can answer your unanswered questions.



## **Suggestions for relaxing**

### **Exercise**

Exercise is a simple way to relax the mind whilst flooding the body with endorphins to help raise your mood; there are lots of exercise videos online for different abilities including exercises tailored specifically to pregnancy. Some exercise guides can be found at <https://www.nhs.uk/live-well/exercise/>

### **Short relaxations**

- 3 deep breaths- Breathe in (count to 3) breathe out (count to five) and repeat
- Squeeze and reassure- Put one hand into the other, squeeze gently and keep telling yourself that you will 'get through' this
- Feel the floor- Focus on feeling the floor through your feet, even better if you can take off your shoes

These tips and more can be found on:

<http://learn.4mentalhealth.com/sites/default/files/courses/wb7/index.html#/id/5e7dd2c4485e8e466da2f36e>

### **Links to other sites**

<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>

<https://www.koawhittingham.com/the-meditations/mindfulness-of-baby/>

### **General links**

<https://www.bestbeginnings.org.uk/baby-buddy>

<https://www.tommys.org/pregnancy-information/im-pregnant/pregnancy-news-and-blogs/pregnancy-and-coronavirus-information-pregnant-women-and-new-mums>

<https://www.tommys.org/pregnancy-information/im-pregnant/mental-health-during-and-after-pregnancy>

<https://www.gov.uk/coronavirus>

<https://www.nhs.uk/start4life/>



**We hope this pack has been useful and has been able to support you in your journey through pregnancy.**